

## AFRICANA CUISINE

### African, Caribbean, Soul Food



(410) 831 0531

210 South Central Ave, Baltimore  
 Mon-Sat:11a-2p 5p-2a

## NIGERIAN ENTREES

1. STEW w/ Swallow and No Protein

a. Egusi ( Melon Seed)...18

Egusi is a rich West African stew or soup made from ground melon seeds, known as egusi. The ground seeds create a nutty, creamy base for a thick stew that typically includes leafy greens and assorted meats or fish

b. Ogbono (Mango Seed)...18

Ogbono is a thick, hearty, and nutritious Nigerian dish made with ground ogbono (African wild mango) seeds, assorted meat and fish, and palm oil. It is commonly referred to as "ogbono soup" but functions more like a thick, savory stew. The ground seeds give the dish a distinctive nutty flavor and

c. Peanut or Groundnut...18

Nigerian Peanut Stew, also known as "groundnut soup" is a savory, rich, and often spicy West African dish featuring a tomato and peanut butter-based sauce, commonly prepared with meat (like chicken or beef), vegetables such as spinach, and served with a starchy side like rice or a "swallow."

d. Efo Riro (Spicy Spinach)...19

Efo riro is a rich, savory, and flavorful vegetable stew that originates from the Yoruba people of southwestern Nigeria. Its name comes from the Yoruba words "efe," meaning "leafy vegetable," and "riro," meaning "to stir". The stew is highly popular across Nigeria and is celebrated for its complex layers of flavor.

e. Okra...19

Nigerian Okra Stew, or "Okra Soup," is a popular West African dish known for its "slimy" or viscous texture, which comes from the okra. It features the edible green seed pods of the okra plant as the main ingredient, often blended with chopped okra for added thickness. The stew also includes a variety of proteins like fish, beef, or shrimp, along with vegetables such as spinach or Ugu leaf, and is seasoned with spices, locust beans, and palm oil. The resulting dish is a flavorful, slightly thick soup that is typically enjoyed with starchy "swallow" foods like fufu or garri.

f. Tomato Stew...18

Nigerian tomato stew, a spicy, flavorful staple, is a rich sauce made from blended fresh tomatoes, red bell peppers, and onions, often with a hot pepper like Scotch bonnet or habanero, fried with tomato paste and spices.

g. Afang...20

Afang stew, is a savory, leafy Nigerian vegetable dish from the Ebi and Ibibio tribes, characterized by its dark green color and combination of tender waterleaf and coarser okazi (afang) leaves cooked with palm oil, various meats and seafood, and flavored with crayfish.

h. Edikang I kang...20

Edikang ikong is a rich, savory, and nutritious vegetable stew from the Ebi and Ibibio people of Nigeria's Cross River and Akwa Ibom states. Considered a delicacy, it is typically prepared with generous amounts of fresh leafy vegetables, assorted meats, and seafood.

**Choice of Swallow:** Yam Fufu, Plantain Fufu, Gari, Amala

**Extra Swallow...5**

A Nigerian swallow is a dense, smooth, dough-like food made from starchy ingredients like cassava, yam, and is meant to be eaten by pinching a piece, dipping it in soup, and swallowing it, rather than chewing extensively. It serves as a carbohydrate staple, complementing various Nigerian stews, and takes on the flavor of the accompanying soup.

**Extra Stew w/ No Protein...12**

Extra Hot Sauce...2

Add Plain Okra to complement Tomato Stew...\$4

2. STEW w/ 3pc Protein and One Side

a. Egusi ...28

f. Ogbono...28

b. Peanut...28

g. Efo Riro...29

c. Okra...29

h. Tomato...28

e. Afang...31

j. Edikank I kang...31

**Choice of Side:** Swallow (Yam Fufu, Plantain Fufu, Gari, Amala), White Rice

**Extra Swallow...5** **Extra White Rice...6**

**Choice of Protein:** Goat, Beef, Chicken, Smoked Turkey, Cow Leg, Cow skin, Croker, Tilapia

**Extra Protein:** Goat...5 **Beef...4** **Cow Skin...4**

**Cow Leg...3** **Chicken...3** **Croker...4** **Tilapia...4** **Smoked Turkey...4**

**Extra Hot Sauce...2**

Add Plain Okra to complement Tomato Stew...\$4

3. JOLLOF RICE w/ Protein and One Side

**Choice of Side:** Plantain, Colelaw

Nigerian jollof rice is a flavorful one-pot West African rice dish cooked in a rich, spiced tomato and pepper base, known for its vibrant red color and smoky, savory, and slightly sweet taste. The classic Nigerian version typically uses long-grain rice, which absorbs the flavor of the stewed tomatoes, onions, bell peppers, ginger, garlic, and chili peppers, seasoned with Nigerian curry powder and thyme.

a. 3pc Oxtail...32

b. 3pc Pepper Goat...30

c. 3pc Pepper Beef...29

d. 3pc Pepper Chicken...27

e. 3pc Pepper Croker...28

f. 3pc Pepper Tilapia...28

g. 2pc Pepper Turkey Wings...27

h. 2pc Blackened Salmon...34

i. Beef Suya...30

**Substitute Fried Rice for Jollof Rice...Add \$1**

4. **WHITE RICE** w/ Tomato Stew and 3pc Protein

a. Goat...26

b. Beef...25

c. Chicken...23

d. Croker or Tilapia...24

Add Plantain...7 **Add Moi Moi...8**

5. **WHITE RICE** w/

5. **JOLLOF SPAGHETTI** w/ 3pc Protein and Coco Bread

Jollof spaghetti is a flavorful African dish, typically Nigerian, where spaghetti is cooked in a rich, savory tomato-pepper sauce infused with spices like curry powder and thyme, similar to the ingredients and flavor profile of classic jollof rice.

**Choice of protein**

a. Goat...32

b. Chicken...29

c. Beef...31

d. 2pc Salmon...36

**Extra Protein:** Goat...5 **Beef...4** **Chicken...3**

Salmon...7

6. **FRIED WHOLE TILAPIA** w/

a. Plantain...30

b. Jollof Rice and Plantain...35

Nigerian fried whole tilapia is a whole fish seasoned with a spicy blend of dry spices like salt, ginger, garlic, onion powder, and chili pepper. The seasoned fish is then shallow- or deep-fried in hot oil until the skin is very crispy and golden brown, while the flesh remains moist and tender. It is a flavorful, spicy dish often served with sides like rice and plantain.

NIGERIAN SIDES

Meat Pie...5

A Nigerian meat pie is a savory, hand-held turnover pastry with a flaky, buttery short crust pastry and a rich, spiced filling of minced beef, potatoes, carrots, and onions.

Beef Suya...20

Nigerian Suya is a popular street food of West African origin, consisting of thin, marinated meat skewers (often beef, goat, or ram) grilled over an open flame until smoky and tender. The meat is coated in a savory, spicy, and nutty seasoning blend called **zuzu**, which includes ground peanuts, ginger, garlic, and chili. It's traditionally served at night with a simple salad of fresh tomatoes, onions, and chiles, cutting across all social classes.

Nkwobi...24

Nigerian Nkwobi is a traditional dish, often called "Spicy Cow Foot", made from tenderized cow leg cooked in a thick, spicy palm oil-based sauce with a potash to create the signature creamy texture. It is richly seasoned with ground crayfish and local spices and is traditionally garnished with sliced red onions.

Asun...24

Nigerian Asun is a spicy, roasted, and then stir-fried goat meat dish that is a popular delicacy, especially among the Yoruba people. It features tender, bite-sized pieces of goat meat, traditionally with skin-on, cooked to a smoky flavor and mixed with a fiery blend of scotch bonnet peppers, onions, and other aromatics. The dish is known for its extremely spicy and bold flavor profile, juicy yet firm texture, and served with drinks

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Jollof Rice...12

Fried Rice...13

Nigerian Fried Rice is a flavorful dish featuring parboiled long-grain rice cooked in a richly seasoned chicken stock with a variety of vegetables such as carrots, green beans, peas, and sweet corn, along with optional additions like cooked chicken. It's characterized by its vibrant yellow or orange color from curry powder and turmeric, a distinct aroma from the spices, and a texture of individual, fluffy rice grains interspersed with tender, well-cooked vegetables.

Scotch Egg...8

A Nigerian scotch egg is a hard-boiled egg wrapped in a seasoned meat mixture, coated in breadcrumbs, and deep-fried until golden brown. While it is derived from the British version, the Nigerian take is distinguished by its use of spices and often more flavorful ground meat. It is a popular snack frequently served at parties and other gatherings.

Puff Puff...7.50

Nigerian puff puff is a deep-fried, doughnut-like dough ball that is a popular street food and snack across West Africa. As the name implies, the yeast-based dough "puffs up" as it fries, resulting in golden, bite-sized spheres.

## 7. LIBERIAN ENTREES

a. **Cassava Leaf Stew w/ 3pc Protein and One Side...28**

Liberian cassava leaf stew is a rich, hearty, and earthy dish that is a national favorite and a West African comfort food staple. Often slow-cooked for a deep, savory flavor, it is typically served over white rice.

b. **Potato Green Stew w/ 3pc Protein and One Side...28**

Liberian potato green stew is a savory and hearty West African dish featuring sweet potato leaves, a rich combination of meats and seafood, and a vibrant sauce, often made with red palm oil. The final dish is a flavorful stew that is frequently served over a bed of fluffy white rice.

**Choice of Side:** Yam Fufu, Plantain Fufu, White Rice

**Extra Side:** Yam Fufu...5 **Plantain Fufu...5** **White Rice...6**

**Choice of Protein:** Goat, Beef, Smoked Turkey, Cow Skin, Fish...4 **Chicken**

**Extra Protein:** Goat...5 **Smoked Turkey...4** **Cow Skin...4** **Fish...4** **Beef...4** **Chicken...3**

c. **Chuck Rice Gravy w/ One Side...28**

Liberian chuck rice and gravy is a rich, savory, and flavorful dish featuring a meaty, vegetable-based stew served over rice that has been mixed with pureed leafy greens

**Side:** Plantain Cabbage, Collard Green

## 8. SOUL FOOD ENTREES w/ 2 Sides

a. 2pc Catfish (Fried, Blackened)...24

Southern fried catfish features flaky, mild-tasting catfish filets coated in a seasoned cornmeal crust, then fried until golden brown and crispy, offering a classic Southern flavor profile.

Blackened catfish is a dish where catfish filets are coated in a blend of Cajun spices, then cooked in a very hot cast-iron skillet until a dark, charred crust forms on the outside, resulting in a flavorful and flaky fish with a bold, smoky flavor. The distinctive black color is a result of the high heat seared spices, creating a flavorful crust rather than burnt food.

b. 2pc Whiting (Fried)...24

Traditionally Southern fried whiting is made by coating seasoned, boneless filets of whiting fish with a combination of cornmeal and flour.

c. 1pc Salmon (Blackened)...20

Blackened salmon is a fillet of salmon coated in a spicy Cajun seasoning blend and seared at high heat, often in a cast-iron skillet. The searing process creates a dark, flavorful crust, while the inside remains tender and moist.

d. **Lemon Pepper Catfish**

Lemon pepper catfish is a dish featuring tender, flaky catfish seasoned with a tangy, zesty blend of lemon, black pepper, and often other spices like garlic and herbs, which can be prepared by baking, grilling, or frying to a golden-brown perfection.

e. 2pc Honey Lemon Pepper Catfish...25

Honey lemon pepper catfish features crispy fried fish filets coated in a sweet, savory, and tangy glaze. While recipes vary, the catfish is often seasoned and dredged in a cornmeal-flour mixture before frying, then drizzled with a hot honey lemon pepper sauce

f. Stuffed Catfish...30

Spinach shrimp stuffed catfish is a flavorful seafood dish featuring a tender catfish fillet that is filled with a creamy, savory stuffing of cheese, wilted spinach, and succulent shrimp. The dish is often baked.

g. Stuffed Salmon...35

Spinach shrimp stuffed salmon is an elegant and savory seafood dish that combines tender, flaky salmon with a rich, creamy, and flavorful filling. The stuffing typically consists of cooked shrimp, fresh spinach, and a cheese base, often with added seasonings for extra depth.

h. Smothered Turkey Leg...24

A smothered turkey leg is a tender, slow-cooked turkey drumstick that is braised in a rich, savory gravy.

i. **Pepper turkey Wings...24**

Peppered turkey wings are a tender, juicy dish known for its vibrant, spicy, and savory flavor profile. It is a popular Nigerian dish where the turkey wings are first cooked until tender, then fried or baked until crispy, and finally coated in a rich, flavorful sauce made from blended peppers.

**J. Oxtail...32**

Oxtail is the tail of a cattle, a flavorful and gelatinous cut of meat prized for its rich taste and tender texture after slow cooking.It is a staple in many global cuisines, including Caribbean and southern cuisines.

**SOUL FOOD ENTRÉE SIDES**

White Rice...5

Cabbage...4

Collard Green...5

Cajun Fries...4

Mac and Cheese...6

Sweet Potato Casserole...5

Sweet Potato Corn Brea

## 9. CARIBBEAN ENTREES w/ 2 Sides

**CHICKEN**

a. Jerk Chicken (Dark Meat)...19

Jerk chicken is a Jamaican dish where meat, most often chicken, is marinated in a flavorful blend of allspice and fiery Scotch bonnet peppers, then slow-cooked over a fire or grill, traditionally with pimento wood, to achieve a juicy, succulent, smoky, spicy, and earthy flavor profile.

b. Curry Chicken...17

Jamaican curry chicken is a flavorful Caribbean dish where chicken pieces are marinated and then slow-cooked in a richly spiced curry sauce, featuring key ingredients like Jamaican curry powder, allspice (pimento), Scotch bonnet peppers for heat, and aromatics such as garlic, ginger, onion, and thyme. The potatoes and carrots commonly added to the dish not only add flavor and texture but also help to thicken the savory, yellow-hued gravy.

c. Brown Stew Chicken...17

Brown stew chicken is a classic Caribbean dish, most famously associated with Jamaica cuisine, featuring incredibly tender chicken simmered in a rich, dark, and aromatic gravy. The deep flavor and signature color come from a cooking technique known as "browning".

**STEAKS**

d. Oxtail...28

Caribbean oxtail stew is a deeply savory and rich dish made from beef tails, slow-cooked for hours until the meat is fall-off-the-bone tender and succulent. The stew features bold, hearty flavors from various seasonings like allspice, thyme, garlic, onions,

e. Curry Goat...21

Caribbean curry goat is a slow-cooked stew of tender, bone-in goat meat, fall-off-the-bone tender, simmered in a rich, savory, and fragrant curry sauce with distinct layers of Caribbean spices, often including turmeric, cumin, coriander, thyme, and pimento peppers, with Scotch bonnet peppers providing the signature heat. This hearty dish also frequently includes potatoes, is marinated overnight for maximum flavor, and is traditionally served with rice and peas or white rice.

f. **Pepper Steak**

Jamaican Pepper Steak is a flavorful, Caribbean twist on a Chinese stir-fry, featuring tender strips of beef and colorful bell peppers simmered in a savory, tangy sauce, spiced with traditional Jamaican seasonings like allspice, thyme, and ginger, and often kicked up with Scotch bonnet pepper for a unique heat. This versatile dish can be served over rice or noodles and embodies Jamaica's rich cultural fusion, particularly the influence of Chinese immigrants in the mid-1800s.

**SEAFOOD**

g. Curry Shrimp...25

Caribbean curry shrimp is a flavorful, often spicy seafood dish featuring shrimp simmered in a rich sauce made with curry powder, coconut milk, and aromatics like garlic, onions, and thyme, often with scotch bonnet peppers for heat and served over rice.

h. Jerk Shrimp...25

Jerk shrimp is a dish of succulent shrimp that are marinated in Jamaican-style jerk seasoning and then typically grilled or pan-fried to impart a unique, spicy, sweet, and smoky flavor. The vibrant, aromatic jerk marinade uses a blend of spices such as allspice, thyme, garlic, and ginger, often incorporating hot peppers like Scotch bonnets for authentic heat.

i. Brown Stew Kingfish...22

Brown stew kingfish is a Jamaican dish where firm-fleshed kingfish is seasoned, pan-fried until golden brown, and then simmered in a rich, flavorful gravy made with browning sauce, ketchup, tomatoes, onions, bell peppers, and scotch bonnet peppers. often served with rice and peas, fried plantains,

**RASTA PASTA**

j. Oxtail Rasta Pasta...33

Oxtail rasta pasta is a rich and savory Jamaican-inspired fusion dish featuring tender, slow-cooked oxtail and flavorful, creamy pasta, often incorporating colorful bell peppers, jerk seasoning, and cheese. The "rasta" aspect refers to the vibrant red, yellow, and green bell peppers used, reminiscent of the Jamaican flag's colors, while the pasta's shape can also evoke dreadlocks. It's a hearty, flavorful, and comforting meal that combines the earthy, savory flavors of oxtail with the rich, creamy texture of the pasta.

k. Jerk Chicken Rasta Pasta...25

Jerk chicken rasta pasta is a fusion dish that combines the spicy, flavorful heat of Jamaican jerk chicken with a creamy, cheesy pasta sauce, often resembling an Alfredo, and incorporates colorful bell peppers.

l. Jerk Salmon Rasta Pasta...33

Jerk salmon rasta pasta is a flavorful pasta dish featuring salmon coated in spicy Jamaican jerk seasoning, tossed with a creamy sauce made from coconut milk and/or heavy cream, and colorful bell peppers. The dish's vibrant colors, including red, green, and yellow peppers, are reminiscent of the Rastafarian flag, giving it the "Rasta" name.

m. Jerk Shrimp...33

Jerk shrimp rasta pasta is a creamy, spicy Caribbean-inspired dish that combines tender, jerk-seasoned shrimp with pasta and colorful bell peppers in a rich, flavorful sauce. It is known for its vibrant colors, reminiscent of the Rastafarian flag

CARIBBEAN SIDES

Beef Patty...5  
Coco Bread...3  
Cabbage...4  
Cajun...5  
Mac and Cheese...6  
Oxtail Mac and Cheese...14  
Plantain...7  
Rice and Peas...7  
Collard Green...5

DRINKS

Mango...4  
Tropical Carrot...4  
Ginger Beer...4  
Pineapple...4  
Ginger Ale...3  
Sweet Tea...4  
Malt...3  
Can Soda (Coke, Sprite)...2  
Water...2